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United States Patent [19]

Weinstein et al.

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[54] **ASSEMBLAGE OF NUTRIENT BEVERAGES AND REGIMEN FOR ENHANCING CONVENIENCE, INSTRUCTION, AND COMPLIANCE WITH EXERCISE SUPPLEMENTATION**

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[*] Notice: This patent is subject to a terminal disclaimer.

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[57] ABSTRACT

An integrated package including two nutrient beverage formulations in discrete, sealed containers and instructions for use of the formulations in conjunction with a relatively short exercise session to enhance performance and reduce the adverse effects of the exercise. The formulations are compatibly designed for the needs of the different phases of exercise. The formulations are provided in either fully-constituted liquid form or as water-soluble concentrates. The formulations are combined in a unified package with indicia and instructions. The formulations include fluids, electrolytes, carbohydrates, and other optional agents including vitamin E, glycerol, alkaline salts, stimulants, creatine, specific amino acids, aspartates, phosphates, and pyruvate.

Related U.S. Application Data

[63] Continuation-in-part of application No. 08/971,302, Nov. 17, 1997.

[51] **Int. Cl.**⁷ **A23L 1/304**

[52] **U.S. Cl.** **426/74; 426/2; 426/108; 426/120; 426/590; 426/810; 424/439**

[58] **Field of Search** **426/2, 74, 108, 426/120, 810, 590; 424/439**

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5 Claims, 1 Drawing Sheet

